



These session plans have been created to help clubs, schools and community groups to organise fun, developmental tag rugby training sessions with the option to build towards a game or blitz style event.

Equipment Required:	
Balls	Tag Shorts or Belts
Cones	Tags

There are 8 x 1 hour sessions included. All are designed to teach the basic skills of tag rugby for players and coaches of all ages and abilities.

These session plans will help to understand:

- The basics of tag rugby
- Coaching tag rugby to beginners
- Coaching non-contact rugby skills for all formats of the game

Each 60 minute session plan contains:

- Warm up / warm down blocks
- Reduced activities for skills development
- Games-based approach to help players learn skills in context of game play

The sessions are sequenced to build and develop the basics of tag rugby skills:

Session 1:	Tagging; Passing	Session 5:	Defending
Session 2:	Roll Ball; Role Of The Scrum Half	Session 6:	Realignment; Phase Play
Session 3:	Passing #1	Session 7:	Attacking
Session 4:	Passing #2	Session 8:	Game Play

Coaches are also encouraged to continually emphasise fundamental non-contact rugby skills through their sessions, including:

- Catch with two hands
- Carry with two hands
- Go forward with ball
- Pass to space

These sessions are a starting point. Coaches should use their understanding of the players they are working with to know how/when to progress, or step back an activity.

If an activity has a high/low level of success all activities can be adapted by;

- Increasing/decreasing player numbers
- Increasing/decreasing area size
- Slowing/speeding the game down/up
- Adding numbers to either team

Tag Rugby Session 1		Basics of Tag Rugby – Tagging, Passing			
Section	Skill	Activity	Coaching Elements	Area	Time
Warm Up	<i>Muscle Activation</i>	Move Any Direction Passing The Ball Incorporate hopping, skipping, bounding, squats, lunges etc.	Make it fun Use a ball (where possible) Prime for the activities coming up	Any	10 mins
Activity	<i>Passing</i>	Passing In Pairs Any direction Ball in two hands Two hands up to receive balls	Hands finish to target Underarm passes only Increase distance	Any	5 mins
Activity	<i>Passing</i>	Passing in Pairs/Threes Passing backwards only Jogging down pitch	Hands finish to target Underarm passes only Increase distance	Any	5 mins
Reduced Activity	<i>The Tag</i>	Piggy In The Middle 2 defenders v 4 attackers Get as many tags in 60 seconds as possible See who can take both tags off opponent first	Reach for ball carrier with near hand Rotate and see what group gets the most tags Can only tag the person with the ball Add extra attackers or defenders Focus on ability to tag with either hands	10m x 10m	15 mins
Game	<i>Playing Tag Rugby</i>	Tag Match Reduced application of laws	Ball carrier to pass in front of support Emphasis on ball carry, passing and tagging	40m x 30m	15 mins
Warm Down	<i>Recovery</i>	Stretching & Debrief	Focus on technique	Any	5 mins
Work Ons	<i>Development</i>	Choose an element to develop for next season	Coaches debrief	Any	Post Session

Tag Rugby Session 2		Basics of Tag Rugby – Roll Ball, Role Of The Scrum Half			
Section	Skill	Activity	Coaching Elements	Area	Time
Warm Up	<i>Muscle Activation</i>	Move Any Direction Passing The Ball Incorporate hopping, skipping, bounding, squats, lunges etc.	Make it fun Use a ball (where possible) Prime for the activities coming up	Any	10 mins
Reduced Activity	<i>Roll Ball / The Tag</i>	Roll Ball Phases Groups of 4 3 attackers v 1 defender 1st attached runs forward, gets tagged and rolls ball back through legs Scrum half comes in and passes to support player	Ball carrier runs forward and gets tagged by nearest defender Scrum half passes off the ground (does not lift and pass) Support player has hands up to receive pass	10m x 10m	15 mins
Reduced Activity	<i>Roll Ball / The Tag</i>	Roll Ball Phases (Scoring) Groups of 6 4 attackers v 2 defenders 1st attached runs forward, gets tagged and rolls ball back through legs Scrum half comes in and passes to support player Play until score/turnover	Ball carrier runs forward and gets tagged by nearest defender Scrum half passes off the ground (does not lift and pass) Support player has hands up to receive pass Attackers must continue to realign ready to receive	20m x 10m	15 mins
Game	<i>Playing Tag Rugby</i>	Tag Match Reduced application of laws	Ball carrier to pass in front of support Emphasis on roll ball, passing and tagging Make one player scrum half for a period of time	40m x 30m	15 mins
Warm Down	<i>Recovery</i>	Stretching & Debrief	Focus on technique	Any	5 mins
Work Ons	<i>Development</i>	Choose an element to develop for next season	Coaches debrief	Any	Post Session

Tag Rugby Session 3		Basics of Tag Rugby – Passing #1			
Section	Skill	Activity	Coaching Elements	Area	Time
Warm Up	<i>Muscle Activation</i>	Move Any Direction Passing The Ball Incorporate hopping, skipping, bounding, squats, lunges etc.	Make it fun Use a ball (where possible) Prime for the activities coming up	Any	10 mins
Reduced Activity	<i>Passing (Draw / Pass)</i>	Draw And Pass Groups of 5, 4 & 3 4 attackers v 1 defender Draw & pass 3 attackers v 1 defender Draw & pass 2 attackers v 1 defender Draw & pass	Ball carrier runs forward and draws defender towards them <u>before</u> they pass the ball Subsequent attackers try to get ball to wide player before getting tagged	20m x 10m	10 mins
Game	<i>Creating Scoring Opportunities</i>	Overloaded Tag 7 attackers v 5 defenders	Overloaded attack to allow extra opportunities to score Rotate players through to both attack and defend	40m x 30m	10 mins
Reduced Activity	<i>Passing</i>	Draw And Pass (Wider) 2 attackers v 1 defender Draw & pass 3 attackers v 2 defender Draw & pass	Draw / Pass over wider space to make it harder for defender Draw / Pass to support player who draws next defender and then passes to last attacker	20m x 10m	10 mins
Game	<i>Playing Tag Rugby</i>	Tag Match Reduced application of laws	Emphasis on passing accurately to attack efficiently	40m x 30m	15 mins
Warm Down	<i>Recovery</i>	Stretching & Debrief	Focus on technique	Any	5 mins
Work Ons	<i>Development</i>	Choose an element to develop for next season	Coaches debrief	Any	Post Session



Tag Rugby Session 4		Basics of Tag Rugby – Passing #2: Skip Pass			
Section	Skill	Activity	Coaching Elements	Area	Time
Warm Up	<i>Muscle Activation</i>	Move Any Direction Passing The Ball Incorporate hopping, skipping, bounding, squats, lunges etc.	Make it fun Use a ball (where possible) Prime for the activities coming up	Any	10 mins
Game	<i>Playing Tag Rugby</i>	Tag Match Reduced application of laws	Emphasis on passing accurately to attack efficiently Support players running onto the pass from depth	40m x 30m	15 mins
Reduced Activity	<i>Passing (Skip Pass)</i>	Skip Passing: 3 v 1 3 attackers v 1 defender Skip pass – ball goes from 1 st to 3 rd attacker	A skip pass is a longer pass that skips (misses out) the middle attacker. Pass goes from the ball carrier to the 2 nd support player across the front of the 1 st support player	20m x 10m	10 mins
Reduced Activity	<i>Passing (Skip Pass)</i>	Skip Passing: 4 v 2 4 attackers v 2 defenders Skip pass – ball goes from 1 st to 2 nd to 4 th attacker	1 st pass is a standard pass to the first receiver. Next pass is a skip pass to the player in the widest position (missing out the player in between them)	20m x 10m	5 mins
Game	<i>Creating Scoring Opportunities</i>	Overloaded Tag 7 attackers v 4 defenders Attackers to keep wide spacing to challenge defenders	Emphasis on skip pass Player being skipped (missed) should remain active Rotate attack and defence	40m x 30m	15 mins
Warm Down	<i>Recovery</i>	Stretching & Debrief	Focus on technique	Any	5 mins
Work Ons	<i>Development</i>	Choose an element to develop for next season	Coaches debrief	Any	Post Session

Tag Rugby Session 5		Basics of Tag Rugby – Defending			
Section	Skill	Activity	Coaching Elements	Area	Time
Warm Up	<i>Muscle Activation</i>	Move Any Direction Passing The Ball Incorporate hopping, skipping, bounding, squats, lunges etc.	Make it fun Use a ball (where possible) Prime for the activities coming up	Any	10 mins
Reduced Activity	<i>Defending</i>	Defensive Line <i>2-player defence</i> 2 attackers v 2 defenders <i>3-player defence</i> 2 attackers v 3 defenders <i>4-player defence</i> 3 attackers v 4 defenders	Nominate a player to tag the ball carrier Work with support defender(s) One player identifies ball carrier, makes tag and marks ball while support players retreat 7m Continuous defence until score or turnover	20m x 10m	15 mins
Game	<i>Playing Tag Rugby</i>	Tag Match Reduced application of laws	Emphasis on passing accurately to attack efficiently	40m x 30m	15 mins
Reduced Activity	<i>Defending</i>	Defensive Line 3 attackers v 2 defenders 4 attackers v 3 defenders	2 defenders work together to stop 3 attackers Nominate a player to tag the ball carrier Focus on defensive alignment Communication is key	40m x 30m	15
Warm Down	<i>Recovery</i>	Stretching & Debrief	Focus on technique	Any	5 mins
Work Ons	<i>Development</i>	Choose an element to develop for next season	Coaches debrief	Any	Post Session

Tag Rugby Session 6		Basics of Tag Rugby – Gameplay, Realignment			
Section	Skill	Activity	Coaching Elements	Area	Time
Warm Up	<i>Muscle Activation</i>	Move Any Direction Passing The Ball Incorporate hopping, skipping, bounding, squats, lunges etc.	Make it fun Use a ball (where possible) Prime for the activities coming up	Any	10 mins
Game	<i>Playing Tag Rugby</i>	Tag Match 7 v 7	All standard rules apply	Full Pitch	10 mins
Reduced Activity	<i>Realignment</i>	Realignment 7 attackers v 4 defenders Attackers realign on the same side of the scrum half after each phase (left or right) Support players work around the corner to align/realign	Attack can only score after 3 tags. Scrum-half doesn't carry - must pass to 1 st receiver 1 st receiver doesn't pass – must carry (emphasis on realignment) Players realign in same direction until they reach touchline. All players can pass/carry after 3 tags.	40m x 30m	15 mins
Game	<i>Playing Tag Rugby</i>	Tag Match 7v7 Attackers realign on the same side of the scrum-half after each phase (left or right) until they reach touchline, or score.	Focus on realignment around corner	Full Pitch	10 mins
Game	<i>Playing Tag Rugby</i>	Tag Match All laws applied	Focus on realignment	Full Pitch	10 mins
Warm Down	<i>Recovery</i>	Stretching & Debrief	Focus on technique	Any	5 mins
Work Ons	<i>Development</i>	Choose an element to develop for next season	Coaches debrief	Any	Post Session

Tag Rugby Session 7		Basics of Tag Rugby – Attacking			
Section	Skill	Activity	Coaching Elements	Area	Time
Warm Up	<i>Muscle Activation</i>	Move Any Direction Passing The Ball Incorporate hopping, skipping, bounding, squats, lunges etc.	Make it fun Use a ball (where possible) Prime for the activities coming up	Any	10 mins
Reduced Activity	<i>Attacking</i>	Draw / Pass 3 attackers v 1 defenders Draw / Pass	Draw the defender towards you before you pass to support player	20m x 10m	5 mins
Reduced Activity	<i>Attacking</i>	Switch Pass 2 attackers v 1 defender Switch Pass – A move between two players running towards each other (intersecting lines) so the attack movement can switch direction by up to 90° with a single pass.	Ball carrier and support player run forward in parallel Ball carrier steps to change angle of run by 45° (In direction of support player) Support player mirrors the cut (now running at 45° toward ball carrier). The ball is passed when the support player is directly behind the ball.	20m x 10m	10 mins
Game	<i>Playing Tag Rugby</i>	Tag Match Reduced application of laws	Emphasis on use on draw/pass and switch pass	Full Pitch	10 mins
Reduced Activity	<i>Passing</i>	Skip Passing: 5 v 3 5 attackers v 3 defenders Skip pass	Skip pass misses out 4 th attacker. Pass goes from the ball carrier to the 5 th attacking player across the front of the 4 th support player	20m x 10m	10 mins
Game	<i>Playing Tag Rugby</i>	Tag Match Reduced application of laws	Emphasis on decision making, variety and execution in the pass.	Full Pitch	10 mins
Warm Down	<i>Recovery</i>	Stretching & Debrief	Focus on technique	Any	5 mins
Work Ons	<i>Development</i>	Choose an element to develop for next season	Coaches debrief	Any	Post Session

Tag Rugby Session 8		Basics of Tag Rugby – Game Play			
Section	Skill	Activity	Coaching Elements	Area	Time
Warm Up	<i>Muscle Activation</i>	Move Any Direction Passing The Ball Incorporate hopping, skipping, bounding, squats, lunges etc.	Make it fun Use a ball (where possible) Prime for the activities coming up	Any	10 mins
Game	<i>Playing Tag Rugby</i>	Tag Match Reduced application of laws	Emphasis on use on defensive line and communication	Full Pitch	20 mins
Reduced Activity	<i>Game Play</i>	Attacking / Defending Work Ons What's not working in game play?	Making tags Defending as a line Pass selection Continuity (retaining the ball) Communication	Any	15 mins
Game	<i>Playing Tag Rugby</i>	Tag Match Reduced application of laws	Defensive alignment Attacking effectively	Full Pitch	10 mins
Warm Down	<i>Recovery</i>	Stretching & Debrief	Focus on technique	Any	5 mins
Work Ons	<i>Development</i>	How has this training block been? What do we need to work on? What has went well?	Coaches debrief	Any	Post Session